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HOMEMAKERS' CHAT

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U. S. DEPARTMENT
OF AGRICULTURE
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SUBJECT: "One Fat for Another" ... Information from food specialists of the
U. S. Department of Agriculture

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"Trouble with using Mother's excellent recipes", says a young bride, "is that even when they're saving with the amount of fat for baking...they call for a kind of shortening that I don't always have. I've been wondering...is there any formula for substituting one kind of fat for another?"

Well...here's what food specialists of the U. S. Department of Agriculture have to say on the subject.

Most of the time...you'll find you get satisfactory results if you just substitute one fat for another...measure for measure...in the recipe.

On the other hand...if you're using a large amount of fat...and if you're trying to get a definite texture in your baking...as in baking a cake...you will find the various fats do differ somewhat in shortening power. And here's a formula...you'll find helpful.

Seven-eighths of a cup of lard, oils, or home-rendered fats provides the same shortening power as one cup of butter or margarine. So...if your cake recipe calls for a cup of butter or margarine...and you have lard, oil or home rendered fats on hand...use just seven-eighths of a cup. An easy way to measure this is to remember it's one cup less two tablespoons.

You can substitute most hydrogenated fats (these are the creamed vegetable shortenings sold under various brand names) measure for measure for butter or margarine in recipes. Something to remember in using unsalted fats in place of butter or margarine...however...is that you'll need to add a little extra salt...about a-fourth teaspoon to each half-cup of fat.

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